





The HMSA **go** *walk* and Festival



***It's time to get up,
get out and get active
with your family, friends
and co-workers!***

-  Three-mile course around Ala Moana Park and Magic Island.
-  Fun activity stations along the course.
-  Live entertainment.
-  Souvenir T-shirt and healthy snack for each registrant.

Come for the HMSA **go** Walk and Festival ... and stay for the Honolulu Centennial Family Festival after the walk.

Saturday, April 1, 2006

Walk starts at 7 a.m. at Magic Island

Registration:

\$12 for adults; \$10 for children (12 and under).

All proceeds go to the Honolulu 100 Ho'okipa Fund.



For registration information,
visit www.HMSA.com/go or call HMSA at 948-6853.
Registration deadline is March 8, 2006.